



4 - Tsunami aid



8- B-Ball upset

## Brief Notes

Paving work this week is being performed on **Mississippi Avenue by the NEX Autoport, where the NEX rental cars are parked along the road.** This construction area is reduced to one lane traffic from 8 a.m. to 4:30 p.m. each working day.

Please be attentive to directions given by flagmen and follow safe driving practices when driving through construction areas.

Your patience throughout this construction work is appreciated.

Contact ROICC at 252-3469 for more information regarding paving work.

Stay tuned for weekly updates on which roads are under construction.

## Command Connections

Radio Show airs Tuesdays at 5:30 p.m. on 1575 AM Thunder Radio. Email:

<[commandconnections@cfas.navy.mil](mailto:commandconnections@cfas.navy.mil)>

Call the show during the broadcast to interact with command leadership. On-base: 252-1575. Off-base or cellular, 0956-50-1575.

## ESO Note

The Navy College Office is scheduling an ESO workshop for Mar. 8-9, 2005, and all Education Services Officers (ESOs) and Assistant ESOs are invited to attend this training.

The training will take place from at the Community and Education Center (Bldg 155) testing room, from 8 a.m. - 4 p.m. Please respond if you are planning to be there, as seats are limited to only 12.

NCO offers unit group testing and education briefings upon request. If you have any questions, please call 252-3511.

## NEX Closures:

**Fri., Jan. 28:** Hario Home store and gas station

**Sat., Jan. 29:** Autoport and Four Seasons store

**Sun., Jan. 30:** Main store (Main base)

**Mon., Jan. 31:** Fleet Exchange (Main base)

## Weather

**Sunday:** Mostly Cloudy  
H 41° L 35°

**Monday:** Snow & Windy  
H 40° L 33°

## DUI Counter:

42 days as of Jan. 29

# CFAS commands hold joint oil spill exercise

JOSN Jeff Johnstone

CFAS Public Affairs

Commands from Fleet Activities Sasebo (CFAS) joined forces Friday, Jan. 21 to perform an oil spill exercise at Akasaki Fuel Depot.

The CFAS Public Works Team (PWT), including the Fleet & Industrial Supply Center (FISC), CFAS Environmental and Safety departments, joined Port Operations and Naval Branch Health Clinic (formerly Branch Medical Clinic) participated in a joint training mission with the Japanese coast guard and local Japanese workers in exercises aimed at preventing, and stopping, oil spills in the event they occur.

"This was a chance for all of us to get together for training in case of a casualty," said Lt. Jaquelyn German, Sasebo Fuel Intern. "Everyone wanted to see if their personnel were well-trained, and whether or not we can respond in time, see if our communications throughout the departments were up to speed and how well we could all work together."

Every possible scenario that could occur was taken into consideration, including oil fires and man overboard situations.

Personnel acted out the possibility of an oil spill on the ground, as well as in the ocean. In case of an oil fire, Commander, Naval Forces Japan (CNFJ) Regional Fire Department was standing by to combat it. Ships close to the pier held a man overboard drill.

According to German, the exercise went



*A Damage Controlman Third Class (SW) of Fleet and Industrial Supply Center (FISC) briefs An Engineman First Class (SW/AW) on what to report in to Port Operations during a simulated oil spill. FISC, Fleet Activities Sasebo (CFAS) and the Japanese coast guard join together to conduct an oil spill exercise at the Akasaki Fuel Terminal Friday, Jan. 21, where they conducted training in the event of an actual casualty. (Official U.S. Navy Photo by PHAN Marvin E. Thompson Jr.)*

very well.

"It was outstanding," said German. "Everyone was enthusiastic, and we learned a lot. The purpose behind any training is for us to have the chance to learn."

Proficiency in the event of an oil spill or similar incident is important in

safeguarding the environment, being able to handle situations without any injuries and being effective overall in the mission.

CFAS PWT commands and Japanese workers and coast guard look forward to continuing these exercises annually.

# 2,000 days and counting; CFAS PWT is accident-free

JOSN Jeff Johnstone

CFAS Public Affairs

Fleet Activities Sasebo (CFAS) Public Works Team (PWT) reached an incredible milestone on Christmas Eve of 2004; 2,000 consecutive days without any accidents or lost time. PWT celebrated their accomplishment on Friday, Jan. 21 with an awards ceremony honoring PWT's nine divisions.

Considering the hazardous nature of the job, five and a half years accident free is an impressive accomplishment.

"This is a truly remarkable feat, celebrating 2,000 accident free days working in such a hazardous field," said Lt. Cmdr. Brett Blanton, Public Works Officer, and Resident Officer in Charge of Construction (ROICC) at CFAS. "Of the nine divisions comprising PWT, there were zero mishaps."

PWT consists of Facilities Support Contracting division, Engineering, Computer Systems Division, Environmental division, Facilities division, the Seabee

Self-Help division, Utilities division and the Transportation division.

According to Blanton, much of PWT's success can be traced back to the introduction of Operational Risk Management (ORM) five and a half years ago.

"There is an inherent risk facing our

workers every day on the job, and almost every situation provides the opportunity for safety training," said Blanton. "This team has a safety-conscious nature and is committed to practicing ORM to prevent mishaps," he added.

Jim Whalen, CFAS Safety Manager, believes the success of PWT will continue for another five years.

"CFAS has won the NAVFAC Gold award five consecutive years, and it couldn't have been done without the PWT. I'm looking forward to attending the 3,000 and 4,000 day ceremony," said Whalen.

CFAS Commanding Officer, Capt. Michael L. James, also on hand for the ceremony, shared Blanton's praise of PWT workers including ORM in their day to day tasks.

"I would like to thank everyone for adopting the ORM process and implementing it into your jobs and your daily lives," said James.

The ceremony concluded with a reception, and all PWT employees taking a much-deserved afternoon off.



*A representative from the ROICC office shakes hands with the Executive Officer, NAVFAC FE after receiving his plaque from Commander, Fleet Activities Sasebo (CFAS) (foreground). (Official U.S. Navy Photo by JOSN Jeff Johnstone)*



# Perform to Serve keeps Sailors more competitive

**FLTCM (AW/SW) Jon R. Thompson**  
*Atlantic Fleet Master Chief Petty Officer*

Attention first-term Sailors: Do you want to reenlist? If your answer is yes, maybe, or even no, you need to be aware of how the Perform to Serve (PTS) program works, and what you can do to make yourself competitive.

As you know, reenlistment is not automatic. You can submit an application to reenlist as early as 15 months prior to your EAOS. Starting 12 months out, your record will be reviewed. Some will gain quick approval, but others will have to compete month after month, down to the six-month mark. At six months out, Sailors who do not gain permission to reenlist will be told they need to separate from the Navy.

The number one question I hear concerning PTS is, "What can I do to make myself more competitive?" Because PTS is a force-shaping tool used to level manning from overmanned to undermanned ratings, and ensure we

keep only the best Sailors, there are a few things you can do to be more competitive.

First and foremost, study hard to advance in your rating. Sailors who advance to second class petty officer in their first enlistment are viewed more favorably than those who only advance to third class or fail to become a petty officer.

Become a top performer; your enlisted evaluations matter. Sailors who achieve high marks and achieve the must promote and early promote recommendations are viewed more favorably than those who achieve mediocre performance evaluations. Keep in mind the minimum requirements to request reenlistment include being promotable and recommended for advancement on the last two graded evaluations.

If you serve in a CREO 3 rating, you will most likely be asked to convert to an undermanned rating. Every Sailor in CREO 2 and 3 ratings should know what their ASVAB score is, and whether it's high enough to afford you the opportunity to convert into undermanned ratings. I cannot stress enough how important it is to re-take your ASVAB test if your scores are low. Don't limit your opportunities by ignoring something that can be fixed.

Get some help from your chief and career counselors when you fill out your PTS application. If you are going to seek rating conversion, make sure you qualify for the ratings you request. Requesting something you're not qualified for limits your chances to be selected into something you are qualified for.

Start early! Most Sailors who plan to reenlist submit their PTS applications at the 15-month out period. However, if you're undecided about reenlisting, or don't want to reenlist at this time, I advise you to submit an application anyway.

Gaining PTS approval does not mean you HAVE to reenlist, it means you can if you so choose. Just because you're

Shipmates, I hope you truly understand that PTS empowers you to control your destiny. The rules are clear and you should be briefed, during professional development boards, on what you need to do to be competitive. If you are a first-term Sailor and have not been to at least one professional development board, talk to your Chief today.

Take the advice of your chain of command, career counselors, and shipmates who have participated in PTS and gained permission to reenlist. While ultimately your enlisted community manager (ECM) will decide whether or not you may reenlist, it's you who controls where you land on the "rack and stack" list. PTS is one of the fairest programs I have ever seen, but if you disregard what it takes to be competitive, you may find yourself out of luck.

If you want to be part of tomorrow's Navy, and think you have what it takes to serve beyond your first enlistment, craft a plan of action to improve your skills. The Navy wants the best and brightest...make sure the Navy includes you on our team!

For more information on PTS, go to the following web site: <http://www.staynavy.navy.mil>. There is an entire section on PTS. Familiarize yourself with this information early so you are prepared to submit an application when it's time. At the end of the day, your career is your responsibility.

Be prepared to make it your decision to stay Navy



**FLTCM (AW/SW)**  
*Atlantic Fleet Master Chief*

undecided today, or don't think you want to stay, why eliminate your reenlistment possibility? I've seen far too many Sailors wait until the last minute and then change their minds. Because of PTS, seven months prior to your EAOS is really the farthest out you can wait to request permission to reenlist.

# NEXCOM's customer satisfaction index score continues its upward trajectory

**Kristine M. Sturkie**  
*Navy Exchange Service Command Public Affairs*

For the sixth year in a row, the Navy Exchange Service Command (NEXCOM) surveyed its customers to determine how satisfied they were in a variety of areas, including pricing, merchandise availability, savings, and store policies and procedures.

For 2004, the Customer Satisfaction Index (CSI) scores increased one percentage point to 77. According to the American Customer Satisfaction Index, the retail industry satisfaction average is 76.

"The results of the 2004 CSI score reflect a continuing upward trend," said Rear Adm. Robert E. Cowley III, commander, NEXCOM. "We have seen a 25 percent increase in overall customer satisfaction since we started surveying customers on an annual basis. This places the Navy Exchange in the top tier of retailers in the United States - a remarkable achievement in just six years."

As in the past, the survey indicates that the majority of customers shop at the Navy Exchange for savings over other

retailers and for the tax savings. Other reasons they shop the Navy Exchange is because it's a benefit of being in the military, loyalty, convenience to the commissary, distance to other retailers and its value-priced merchandise.

Overall, four of the five Navy Exchange key performance indicators, including

that saw the highest increase in score include associates, checkout and problem resolution. No areas decreased as compared to 2003.

Based on the survey results, NEXCOM's top priorities for the upcoming year will be pricing, problem resolution, merchandise selection and convenience.

"Stores that have increased their CSI scores are seeing a much higher increase in revenue than those stores that maintained or decreased their scores," said Cowley. "So, it is in the best interest of the Navy Exchange System to focus on those items that are a priority to our customers. When our profits increase, we contribute more to Navy quality of life programs, such as day care centers, gyms and libraries. It's a win-win for everyone."

Similarly, NEXCOM's Associate Satisfaction Index has seen significant improvement. The high level of associate satisfaction and customer satisfaction has been reflected in NEXCOM's sales growth, which has consistently exceeded that of many commercial retailers.



satisfaction, purchase intentions, likelihood to recommend and loyalty all showed an increase. Survey questions regarding merchandise components, such as merchandise selection and availability, pricing, sales flyers and convenience also showed an increase over last year. Areas

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The *Sasebo Soundings* is a weekly publication of Fleet Activities, Sasebo, Japan. It is published according to the rules and regulations for station newspapers and under the direction of the Public Affairs Officer.

Opinions expressed herein are not necessarily those of the command, the Department of the Navy or the Department of Defense.

The appearance of advertising in this newspaper does not constitute endorsement by the Department of the Navy or CFAS or the publisher of the products and services advertised.

This paper is funded by appropriated funds. The distribution of 2,000 copies is printed by Minato Printing Co., Ltd., Sasebo City, Japan.

All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to [soundings@sasebo.navy.mil](mailto:soundings@sasebo.navy.mil). The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
**PSC 476 Box 93**  
**FPO AP 96322-1100**



Sailor of the Year



Why were you chosen as SOY?

Because of the strong support and leadership of my chain of command.

What advice would you give to fellow Sailors on how to succeed in the Navy?

Prioritize and focus. Keep your troops on the top of the list because they make this the best Navy in world.

What are your future goals?

Finish my MBA and make EAC.

Junior Sailor of the Year



Why were you chosen as JSOY?

Because I can't say "no". I had a lot of volunteering hours with the USO over the holidays. I also take distance education classes.

What advice would you give to fellow Sailors on how to succeed in the Navy?

Don't wait to be told what you need in order to advance. Be proactive in terms of your career, whether it's a 4- or 20-year tour.

What are your future goals?

To complete my bachelor's degree and to have a family.

Bluejacket of the Year



Why were you chosen as BJOY?

I went above and beyond the call of duty.

What advice would you give to fellow Sailors on how to succeed in the Navy?

Don't just do your job, do all the extras you can.

What are your future goals?

Make E-5, receive degrees in Computer Science and Business Administration.

CFAS selects SOYs, SOQs

Released by CFAS Public Affairs

Fleet Activities Sasebo (CFAS) Sailors earned high recognition for their hard work and community involvement this year as the command recognized their Senior, Junior and Bluejacket Sailors of the Year for and fourth quarter of 2004.

A ceremony was held Friday, Jan. 21 at the Community and Education Center.

Award recipients exemplify the Navy Core Values of Honor, Courage and Commitment. They also possess impeccable leadership skills, a solid work ethic and unwavering involvement with their community.

- Sailor of the Year: EA1 (SCW) Clinton T. Shuhart
- Junior Sailor of the Year: LN2 (SW) Stephen Thaggard
- Bluejacket of the Year: YN3 Scott Gifford
- Sailor of the Quarter: RP1 (SW/AW) Parrish Walker
- Junior Sailor of the Quarter: SH2 (SW) Thomjames Pecson
- Bluejacket of the Quarter: MA3 Clinton Thornton

Soundings would like to congratulate each Sailor on their selection and wish them continued success in 2005.

Sailor of the Quarter



Why were you chosen as SOQ?

My commitment to the mission, and my dedication and devotion to our troops, their families, and the community.

What advice would you give to fellow Sailors on how to succeed in the Navy?

To always strive for excellence, and to earn your degree and live the Navy core values everyday.

What are your future goals?

To make Master Chief Petty Officer, and to complete my Bachelor's Degree in Psychology/Business Management.

Junior Sailor of the Quarter



Why were you chosen as JSOQ?

For my dedication to duty and the Navy

What advice would you give to fellow Sailors on how to succeed in the Navy?

Stay out of trouble

What are your future goals?

To advance and get my associate's

Bluejacket of the quarter



Why were you chosen as BJOQ?

Because of my multi-contributions to the CFAS community, command, and people.

What are your future goals?

To one day take Master Chief Lomon's position.

To Wrap, Rye or Roll?

Harbor View Cafe's new sandwich bar lets customers have it their way daily

JO1(SW) Ron Inman  
CFAS Public Affairs

The evolution of the Harbor View Café continues with its latest addition, a sandwich bar at which customers can enjoy sandwiches made to their exacting specifications.

Tentatively called 'Wrap, Rye or Roll?' the newest improvement to Fleet Activities Sasebo's popular café allows hungry sandwich connoisseurs to bring their belly up to the bar and order their own creations.

At the newly-installed counter, signs are posted featuring a myriad of ingredients to choose from, as well as several suggested combinations. Hungry sandwich engineers can choose from 3 types of bread, (hoagie-style roll, marbled rye bread or a tortilla roll), eight types of meat or poultry (smoked turkey, oven-roasted beef, pastrami, Black Forest ham, Genoa salami, Mortadela, Bologna and chicken breast), and a variety of vegetables, cheeses and condiments that includes shaved lettuce, red onion, sliced tomato, Swiss or Cheddar cheese and Basil Pesto mayonnaise, Chipotle mayonnaise or a low-calorie Basil vinaigrette.

Assisted by always-friendly staff members, customers can enjoy their masterpiece in the Harbor View Café's atmosphere of soothing music, upscale décor and handy books and magazines, or take them out to enjoy later.

The Harbor View Club's Assistant Manager, Charles Yost, is a gracious host, usually greeting customers and asking them if there's anything he can get



A Harbor View Cafe employee prepares a Chicken Breast BLT at the Harbor View Cafe's newest amenity, the 'Wrap, Rye or Roll?' sandwich bar. The facility opened Jan. 24. (Official U.S. Navy photo by JO1(SW) Ron Inman)

them. On the day Soundings checked out the new sandwich bar, Yost was behind the counter, wearing his chef's jacket and adding his professional touch to customer's sandwiches. Formerly the executive chef at Marine Corps Air Station (MCAS) Iwakuni, Yost also has an extensive background in the restaurant business. He spent two years as second chef at Maxim's de Paris in Chicago and was also a chef at La Francais, regarded as one of the top restaurants in the U.S. for 25 years.

Please see Sandwich bar...Pg. 6



# Essex moves nearly 690,000 pounds of relief supplies for OUA

USS Essex (LHD 2) Public Affairs

USS Essex (LHD 2) Sailors delivered nearly 690,000 pounds of relief supplies in Indonesia in support of Operation Unified Assistance Jan. 18-23.

Using MH-53E Sea Dragon and MH-60S Knighthawk helicopters and Landing Craft Air Cushion (LCAC), Sailors carried 685,170 pounds of food, water and tons of other supplies to various areas in the region.

Air Force C-130s landed at an air field on Sabang, Indonesia, an island north of Sumatra, fully loaded with



An Aviation Structural Mechanic Third Class (Naval Air Crew) (left) and victims of the tsunami disaster on Pulau We Island, Indonesia unload food, clothing and supplies out of an MH-53E Sea Dragon from Helicopter Mine Countermeasures Squadron 15 (HM-15 "Blackhawks"). Since Jan. 18, Essex helos have moved 685,170 pounds of humanitarian supplies and flown over 80 missions. Essex is the Navy's only forward deployed amphibious assault ship, and is the flagship for the Essex Expeditionary Strike Group, forward deployed from Sasebo, Japan. (Official U.S. Navy photo by Photographer's Mate Third Class, Travis M. Burns)

Operation Unified Assistance relief supplies. Essex

## Navy "IDEA" management system demonstration announced

Naval Supply Systems Command  
Corporate Communications Office

The Naval Supply Systems Command (NAVSUP), in cooperation with Commander, Navy Installations (CNI), launched a new idea management system demonstration project Jan. 18 called Navy IDEA.

The Web-based system, which will enable Sailors and Navy civilian personnel to contribute ideas, also features a suite of tools for collecting, evaluating, communicating, tracking, sharing and rewarding ideas. The program was developed in response to the Chief of Naval Operations' Guidance for 2004 that calls for revitalizing the Navy's Beneficial Suggestions Program.

"Revitalizing the Beneficial Suggestions Program is about much more than a new software application. It's about focusing and mobilizing the creativity of the entire Navy military and civilian workforce on converting Navy challenges to cost-effective and viable solutions," said Karen Gadbois, NAVSUP's command information officer. In support of its mission to improve installation

effectiveness, CNI will be the first participant in the demonstration project.

The project will kick off at CNI Headquarters; Commander, Navy Region Northeast; and Naval District Washington. The demonstration will run through the end of April 2005.

For more information on Navy IDEA please contact Letitia Fuller at NAVSUP, 717-605-9359, letitia.fuller@navy.mil. For related news, visit the Naval Supply Systems Command.

University of Phoenix

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USS Essex (LHD 2) Sailors board an MH-53E "Sea Dragon" of the Helicopter Mine Countermeasures Squadron Fifteen (HM-15) "Blackhawks", and prepare for a flight to an airfield in Sabang, Indonesia, where large amounts of Operation Unified Assistance relief items are being delivered by Air Force C-130s. Essex Sailors volunteered to go to the airfield to help load the items into Navy helicopters.

The heavy-lifting helicopters then delivered the relief items to the victims of the Dec. 26 tsunami. Essex is the Navy's only forward deployed amphibious assault ship out of Sasebo, Japan, and is the flagship for Amphibious Squadron (PHIBRON) 11 Amphibious Ready Group. (Official U.S. Navy photo by Photographer's Mate Third Class, Travis M. Burns)

helping out our neighbors."

All Essex personnel who went to Sabang pitched in.

"Everyone was moving supplies - officers and enlisted," said Chief Cryptologic Technician Patrick M. Phillips. "It was one of the most physically demanding days I've had in my Navy career, but also one of the most rewarding because I knew we were there to help."

Essex is the Navy's only forward deployed amphibious assault ship out of Sasebo, Japan, and is the flagship for Amphibious Squadron (PHIBRON) 11 Amphibious Ready Group.

## Juneau's retention is 'golden'



USS Juneau's (LPD-10) Commanding Officer (CO), Executive Officer (XO) and Command Career Counselor (CCC) (SW/AW) (front row), Command Master Chief (SW/AW) (left) the Juneau Deck Department (center) and one of their Boatswains Mate Chief Petty Officers (far right) proudly display Juneau's "Golden Anchor" pier side Jebel Ali, Jan. 16 2005. USS Juneau is the winner of the prestigious Retention Excellence Award for fiscal year 2004. During 2004 fiscal year, Juneau's held 73 reenlistments, winning the Retention Excellence Award and authorized to paint the ship's anchors gold as a symbol of distinction. (Released by USS Juneau Public Affairs)



All commands are cordially invited to participate in the new CFAS Bowling League now being organized at the Spare Time Recreation Center. The new league will run for 16 weeks beginning Wednesday, Feb. 9. The first meeting is scheduled for Wednesday, Feb. 2 at the Bowling Center. Interested bowlers are encouraged to attend, as league officials will be elected and by-laws drafted. Cost is only \$10 per week per bowler. In addition to prize awards, the winning team will receive a perpetual trophy. All CFAS area commands are encouraged to participate. Interested bowlers must register to join the CFAS Bowling League at the Spare Time Recreation Center (Bldg. 91) prior to Monday, Jan. 31. For more information, call 252-3634.

Mardi Gras means beads, masks, costumes, delicious food, carnival games, beverages, contests, dancing, street acts, lucky drawings and more. These are just some of the fun things you'll find inside the Hario Village Gymnasium on Saturday, Feb. 5 from 2 to 6 p.m. Admission is free, so bring the whole family. For more information, call 252-3500.

Pre-teens 10-12 years old are invited to participate in the Marine World Aquarium trip scheduled for Saturday, Feb. 5 from 9 a.m. to 6:30 p.m. Cost is 800 yen for admission and \$10 for transportation to and from Fukuoka. Eligible pre-teens must sign up at either the Main Base or Hario Pre-Teen Center by Wednesday, Feb. 2. For more information, call 252-2908.

Everyone can enjoy the biggest football game of the year on a huge screen in the Harbor View Club (Sakata Room) Monday morning, Feb. 4. Enjoy free popcorn, \$2 hot dogs or feast on a great breakfast buffet for only

The Main Base and Hario Pre-Teen Centers will hold a "Freaky Friday Dance" for pre-teens 10-12 years of age on Friday, Feb. 4 from 5:30 to 8 p.m. Cost is only \$3 per person, but you must register at one of the Pre-Teen Centers by Tuesday, Feb. 1. For more information, call 252-2908 or 252-8968.

Pre-teens from Main Base and Hario will join together to celebrate Valentine's Day with a special party at the Hario Community Center on Friday, Feb. 11 from 5 to 9 p.m. A Valentine's Party Prince and Princess will be crowned and the best-dressed pre-teen in attendance will win an award during the event. Lots of food, fun, games and prizes available too. Cost is only \$5 per couple (double/partner) and \$3 for singles. You must register by Tuesday, Feb. 8. For more information, call 252-2908.

Teens 13-17 or currently enrolled in grades seven through 12 are encouraged to show off their shot-making skills at the Teen Center Pool Tournament on Friday, February 11 from 5 to 7 p.m. at the Main Base and Hario Teen Centers. A \$1 entrance fee is required. Please be sure to sign up by Wednesday, February 9 to be eligible to compete. For more information, call 252-3797.

All SOFA-sponsored spouses are invited to join a newly formed Spouse Bowling League at the Spare Time Recreation Center every Wednesday morning from 10 a.m. until noon starting Wednesday, March 2. Sign-ups for the 8-week league will be accepted beginning Monday, February 14. The cost, including 3 games of bowling and shoe rental, is only \$10 per bowler. The Bowling Center staff will be responsible for all secretarial duties and will administer the league, although a committee of bowling participants will be selected to manage prize distribution and plan and coordinate the league banquet. Parents are welcome to bring along their children during league play. For more information, call 252-3634.

Many of you have been introduced to Japanese and were promptly offered a calling card, or “meishi”, by them. You will notice that the card was proffered with two hands and a courteous bow. Your proper response would be to accept the card similarly, with two hands and a bow.

You're expected to read the card, or if it's all in kanji, stare at it respectfully for a couple of seconds, and then place it in an inside jacket pocket or the breast pocket of your shirt, always keeping in mind an individual's meishi is an extension of themselves, and should be treated respectfully.

An American's first move is often to take our wallet from our back trouser pocket, put the meishi inside, and then return our wallet to the pocket. It doesn't take much imagination to easily see where pressing someone you've just met against your butt, and then sitting on them, is not a very respectful thing to do.

If you have calling cards they should be presented to Japanese in the same way. At a meeting you may see the Japanese lay your meishi down on the table in front of him, to be referred to as a way of remembering your name, your title, and/or your organization. Assuming their meishi has an English translation on it, you may want to do the same thing. Glancing down at it to say their name correctly is not considered to be an impolite act.



## FFSC Supervisory Programs Manger

Another little known factor in dealings with Japanese is that the senior individual in their group is the one you are supposed to be most polite and cordial to. As an example; you meet three Japanese at a restaurant and one introduces himself as the owner of a company, while the other two are introduced as his employees. You should show difference to the boss, but can be less formal with the employees. In many cases, you would only present your calling card to the boss, as the employees are insignificant. If one of them is to be your contact in doing business with the company, the boss will ensure he gets the necessary information about you. Now, the next time you meet, it may be with your contact person, with one or two of his subordinates. At this time you would present him with a meishi.

While those of us Americans who have them will tend to use one generic meishi, heralding our job title and position, the Japanese are great for having meishi to match the role they are currently fulfilling in their relationship with you.

That is to say, a businessman who is a member of two or three organizations or clubs, will have a different meishi for each role, stating his or her status in that role. This is very important, as affiliation with a group, or groups, is vital to Japanese, and their personal pride. is contingent on the reputation of those groups. If you meet a company president who is a member of the Lions Club at a Lions event, he will present you with his Lions Club meishi.

Use of a single meishi tends to imply that your name on the card is the most important thing, and that you carry your job title and position with you at all times. Having a separate card for each group you belong to demonstrates that the group is the important thing, and you are proud to be a member of that group.



# Schedule for January 28-February 6

## SHOWBOAT THEATER

TELEPHONE: 252-3822

FRIDAY, JANUARY 28	SATURDAY, JANUARY 29	SUNDAY, JANUARY 30	MONDAY, JANUARY 31	TUESDAY, FEBRUARY 1	WEDNESDAY, FEBRUARY 2	THURSDAY, FEBRUARY 3	FRIDAY, FEBRUARY 4	SATURDAY, FEBRUARY 5	SUNDAY, FEBRUARY 6
5 p.m. <i>no</i> National Treasure	2 p.m. <i>no</i> Shark Tale	2 p.m. <i>no</i> Christmas with the Kranks	6 p.m. <i>no</i> Bridget Jones: The Edge of Reason	6 p.m. <i>no</i> Meet the Fockers	6 p.m. <i>no</i> The Flight of the Phoenix	6 p.m. <i>no</i> Fat Albert	5 p.m. <i>no</i> Lemony Snicket's A Series of Unfortunate Events	2 p.m. <i>no</i> The SpongeBob SquarePants Movie	2 p.m. <i>no</i> Shark Tale
7 p.m. <i>no</i> *The Flight of the Phoenix	5 p.m. <i>no</i> The Flight of the Phoenix	5:30 p.m. <i>no</i> Ocean's Twelve	8:30 p.m. <i>no</i> National Treasure	8:30 p.m. <i>no</i> Phantom of the Opera	8:30 p.m. <i>no</i> Bridget Jones: The Edge of Reason	8:30 p.m. <i>no</i> National Treasure	7:30 p.m. <i>no</i> *Spanglish	5 p.m. <i>no</i> Spanglish	5:30 p.m. <i>no</i> Blade: Trinity
9:30 p.m. <i>no</i> Ocean's Twelve	7:30 p.m. <i>no</i> Blade: Trinity	8:30 p.m. <i>no</i> The Flight of the Phoenix					10 p.m. <i>no</i> Phantom of the Opera	7:30 p.m. <i>no</i> The Flight of the Phoenix	8:30 p.m. <i>no</i> Bridget Jones: The Edge of Reason
	10 p.m. <i>no</i> Phantom of the Opera							10 p.m. <i>no</i> Alexander	

## HARIO VILLAGE THEATER

TELEPHONE: 252-8753

FRIDAY, JANUARY 28	SATURDAY, JANUARY 29	SUNDAY, JANUARY 30	MONDAY, JANUARY 31	TUESDAY, FEBRUARY 1	WEDNESDAY, FEBRUARY 2	THURSDAY, FEBRUARY 3	FRIDAY, FEBRUARY 4	SATURDAY, FEBRUARY 5	SUNDAY, FEBRUARY 6
6:30 p.m. <i>no</i> Shark Tale	2 p.m. <i>no</i> National Treasure	2 p.m. <i>no</i> The SpongeBob SquarePants Movie	<b>NO MOVIES SCHEDULED</b>	<b>NO MOVIES SCHEDULED</b>	<b>NO MOVIES SCHEDULED</b>	6:30 p.m. <i>no</i> Phantom of the Opera	6:30 p.m. <i>no</i> Christmas with the Kranks	2 p.m. <i>no</i> Lemony Snicket's A Series of Unfortunate Events	2 p.m. <i>no</i> Christmas with the Kranks
9 p.m. <i>no</i> Blade: Trinity	6:30 p.m. <i>no</i> Meet the Fockers	6:30 p.m. <i>no</i> Bridget Jones: The Edge of Reason				No scooters, skates, skateboards, golf carts or backpacks allowed in Theater. NO OUTSIDE FOOD OR BEVERAGES.	9 p.m. <i>no</i> The Flight of the Phoenix	6:30 p.m. <i>no</i> Ocean's Twelve	6:30 p.m. <i>no</i> The Flight of the Phoenix
	9 p.m. <i>no</i> Alexander		*a Premiere					9 p.m. <i>no</i> Bridget Jones: The Edge of Reason	

**BLADE: TRINITY (R)**  
*Starring: Wesley Snipes, Ice Cube, Kevin Spacey, Ryan Reynolds, Jessica Biel and Peter Onyiah*  
 For years Blade has fought against the vampires in the cover of the night. The world above is unaware of the brutal ongoing war. But now, after falling into the crosshairs of the FBI, he is forced out into the daylight where he is driven to join forces with a clan of human vampire hunters he never knew existed - the Nightstalkers. Together with Akiwi and Hannibal (two highly trained Nightstalkers), Blade follows a trail of blood to an ancient creature that is hunting him....

**ALEXANDER (R)**  
*Starring: Colin Farrell, Rosario Dawson, Anthony Hopkins, Angelique Jolie and Val Kilmer*  
 Alexander the Great was a noblest conqueror who had amassed the greatest empire the world had ever seen. Past and present collide to form the puzzle of the protagonist in which childhood memories and Alexander's rise to power unfold side by side with the latter day expansion of his empire, its gradual decline, and ultimate downfall. The film chronicles Alexander's journey to become a living legend.

**THE FLIGHT OF THE PHOENIX (PG-13)**  
*Open User: Steven Hill, Monica Ovi, Hugh Corbett and Janet Packel*  
 When a C-119 cargo plane (full of oil workers) crashes in Mongolia's Gobi Desert, the survivors attempt to build a new plane from the parts they find in the wreckage to escape. The plane was piloted by Captain Frank Towers, whose job it was to go to remote oil rigs and shut them down when their productivity has decreased. Having accomplished his job with one such rig, his plane crashes with all of the employees aboard on the way back to Beijing.

**PHANTOM OF THE OPERA (PG-13)**  
*Starring: Gerard Butler, Emmy Rossum, Patrick Wilson, Wilee Driver and Miranda Colabron*  
 This romantic musical epic is about a mysterious masked figure who roams the underground of 19th century Paris, centering his activity around the Opera Populaire, where he lures a beautiful young soprano (Christine) who goes on to upstage the city's most famous opera singer, Carlotta.

### Premiere Feature

SPANGLISH • PG-13

Starring: Adam Sandler, Tea Leoni, Paz Vega, Claris Leachman and Ian Hyland

Genre: Comedy

Cultures collide as Flor (a beautiful Mexican woman) and her twelve-year old daughter move in with an affluent Los Angeles family. Of all the horrors Flor imagined about this new culture, she never fathomed the peril of being truly embraced by an upscale American family.



Spanglish

A FILM BY MIGUEL LIEKE



# USO, Sasebo Girl Scouts, CTF-76 deliver sweet treats to the fleet

## Organizations team up to send Valentine's Day cookie surprise to shipboard Sailors

**JO1(SW) Ron Inman**  
CFAS Public Affairs

*Caution: the following article may induce involuntary drooling.*

Caramel deLites...Peanut Butter Patties...Animal Treasures, Iced Berry Piñatas. Lemon Pastry Crèmes, Shortbread.

Thin Mints.

Got Girl Scout Cookies?

Sasebo-based ships soon will, thanks to the USO, Sasebo's Girl Scouts and Commander Task Force 76 (CTF-76). 30 cases of one of America's favorite desserts should reach the USS Essex(LHD 2), USS Juneau(LPD 10), USS Harpers Ferry(LSD 49) and USS Fort McHenry(LSD 43) by Valentine's Day.

According to USO Sasebo Director D.J. Stanhope, the idea to deliver the famous treats to Sasebo Sailors came about during a drive by the USO to provide them with snack foods.

"I had asked the community to collect snack foods to send to the ships," said Stanhope. "I saw the Girl Scouts holding their cookie sales and thought the Sailors would love to have some Girl Scout cookies, so I got with [Sasebo Girl Scouts Overseas Community Chair] Kelly Boudreaux and we made arrangements. We want to support the Girl Scouts, too."

SHC(SW) Raymond Riddley and OSC(SW) Kenneth Sawyer, representing CTF-76, picked up the cookies Jan. 24 from Boudreaux and Stanhope and took them

back to CTF-76, where they will be packed into boxes and sent out to the ships via the Military Postal System (MPS).

Sawyer, who was deployed on Juneau until recently,



*The Director of USO Sasebo (left) and an Operations Specialist Chief (right) from USS Juneau (LPD 10), load a van with Girl Scout cookies to be delivered to CTF-76, and then to ships deployed from Fleet Activities Sasebo (CFAS). (Official U.S. Navy Photo by JO1 (SW) Ron Inman)*

said the underway Sailors will certainly appreciate the Valentine's Day gift from Sasebo.

"The cookies are a big morale booster during this deployment," he emphasized, "especially since we're away from home for the holidays. We all appreciate the show of support from home."

The Sasebo USO purchased over \$1200 of cookies,

or 30 cases, which were divided up based on crew size and sent out by CTF-76 via official mail.

In addition to boosting the morale of Sasebo's Sailors, the funds help Sasebo's Girl Scouts conduct planned activities throughout the year – and this year, also to help victims of the tsunami disaster.

"The troops will use proceeds from the cookie sales for our Camporee this year, which is an overnight camping trip for all Girl Scouts," said Boudreaux. "We will also have a 'Thinking Day' function in February with local Japanese Girl Scouts, to promote awareness of other countries."

"This year, our Girl Scouts are asking customers if they'd like to purchase an additional box of cookies for tsunami relief. The funds from those sales will go to a reputable charitable organization."

According to Boudreaux, the level of support the Girl Scouts have received has helped their sales efforts.

"Everybody supports us so strongly here," she said. "The cookies are brought on Navy Exchange trucks from Yokosuka. Everyone bends over backward to help us."

The hot flavor this year? Shortbread, said Boudreaux.

"Thin Mints are very popular as usual, but this year Shortbread has gone faster than any other flavor. Last year Lemon Pastry Cremes were most popular, and are going fast this year too."

Boudreaux added that the Girl Scouts can be found selling their famous product on Saturdays and Sundays at the Bayside Food Court, Fleet Exchange or Commissary. To get your Girl Scout cookie 'fix', go to those locations or contact Boudreaux at 252-7409.

### Sandwich bar...from Pg. 3

According to Yost, the evolution of the Harbor View Café is a continual process.

"The Harbor View Café started as a coffee shop," he explained. "Then we brought in pre-made cookies, homemade cakes, desserts and pastries from the States. Next, we featured daily baked goods – croissants, bagels, scones and crumb cakes. Then we added different types of sandwiches on certain days of the week, and salads. The concept is based on quick service, grab and go,

"Stage two is the sandwich counter, where we offer a variety of sandwiches any day of the week, instead of just certain days."

According to Yost, the Café' is also looking to



*A hungry patron gets his lunch on the go at 'Wrap, Rye or Roll?' recently. (Released by CFAS Public Affairs)*

improve on 'Wrap, Rye or Roll?' by expanding the varieties of bread, to include Italian rustic, French baguette, sourdough French rolls and tomato and herb foccacia. Hungry yet?

For more information, contact the Harbor View Club at 252-3965. Better yet, stop by the Harbor View Café and create your own masterpiece.



# SAFE training underway in Sasebo schools

**Amy Brennan**  
E. J. King Correspondant

Over the next couple of months, Sasebo schools will be initiating new Internet safety training for students along with all Department of Defense Dependents Schools (DoDDS) in the Pacific region. I-SAFE is an Internet safety program that teaches children about various danger signs and behaviors to beware of while on the Internet.

The program involves a variety of assessments for different grade levels, as well as age-appropriate information about Internet safety and security. Faculty and staff at each school will play major roles in the implementation of this program, and compile data and collect surveys about the students' online safety. Additionally, the upper grades (5-12) have a variety of follow-up assessments throughout this year and into next school year.

According to the report, Online Victimization: A Report on the Nation's Youth, "One-in-five children who use

the Internet will be approached by a sexual predator — a predator who may try to set up a face-to-face meeting." It is a fact that some students spend a significant amount of computer time in online chat rooms, and most of these activities are harmless. These chat room sessions, however, make it possible for other participants to view the child's profile, learn what the child is communicating, and meet the child. The unsuspecting child may think they are chatting with another child online, but in reality they could be chatting with a predator.

Educating parents and children about the existence of online predators and the dangers they pose is the best line of defense. In conjunction with this i-SAFE training from the school, parents should monitor their child's computer activities to ensure their child is acting in a safe manner.

For more information about Internet safety issues, visit <www.isafe.org>. For more information about the i-SAFE training program, contact the individual school or your child's teacher.

## MILITARY.COM

## SPOUSE SURVEY

on licensing and certification issues

<http://www.military.com/survey/spouse>

Data collected will assist spouses with licenses/certifications in their future employment.



**Deadline for  
submissions is Tuesday  
at Noon**





Fleet Gym 252-3588

Hario Gym 252-8691

# Game of the week: Quality over quantity at Fleet Gym

## Outnumbered Showtime overcome Outlaws, 70-69

**JOSN Jeff Johnstone**  
*CFAS Public Affairs*

In a game that could've been decided via forfeit, the Showtime overcame the odds to edge the Outlaws, 70-69, in Intramural basketball action at the Fleet Gym Tuesday night.

The Outlaws entered the gym with five starters, and two reserves. That's actually short a player, as you'd like to have, at the very least, three reserves. The Showtime, with five minutes to tip-off, went through their warm ups with three players, and thought nothing of it.

After Elroy Serano showed up for the Showtime, that was all the manpower they needed. In fact, the Outlaws could've used a sixth man on the floor for the first half.

As the buzzer sounded for the game's tip-off, your average spectator may find themselves counting, and maybe re-counting the number of green jerseys (Showtime) to orange (Outlaws).

Led by aggressive defensive play by Steve Ghezzi, dominance by Serano in the paint (rebounding and scoring) and brothers Blake and Blair Bowden, who were interchangeable at the guard position, the Showtime didn't let the numbers stop them.

The Showtime jumped out to an early 7-0 lead, letting the Outlaws know they had a game on their hands.

The Showtime used all of their timeouts in the first half to stay fresh, and took advantage of constant back court pressure by the Outlaws to find open men down the court, avoiding risky long range shots.

The Outlaws, led by perennial standouts Tyson Huff and Eric Raby, put the ball in the basket consistently,

and played tenacious defense, but it just wasn't enough Wednesday, as the Showtime never let go of their lead in the first half. They led at halftime, 31-27.

With 16:05 remaining in regulation, the Outlaws took 38-37 lead for the first time, and looked to blow the game open. Two minutes later, the Outlaws enjoyed a five point margin.

Momentum shifted back in favor of the Showtime when they regained the lead three minutes later, and the Outlaws took their first timeout of the game to regroup.

The strategy worked, as the Outlaws again took control, thanks to crisp shooting by Tyson Huff, giving them a 61-60 lead with 3:05 in regulation. The Outlaws increased their lead to four with under a minute remaining, 69-65, and it was apparent that the Showtime would come just short this evening.

Not so fast. An errant Outlaw shot was rebounded by Sorano, and Blair Bowden took the ball down the court for an easy layup, cutting the lead to two with 27 seconds left in

the game.

The sea-saw contest went down to the final seconds, after an Outlaw shot missed, Ghezzi snared the rebound, found Serano at the top of the key, who found a wide open Blair Bowden for the game winning three pointer, etching the upset in stone.

"We just got lucky," said Ghezzi after the game. "We just kept getting the ball to the big guy (Serano). We knew we had to play aggressive and that we had to avoid fouls while doing so."

"This was unbelievable," said Serano. "I'm just very proud of my teammates. They played within themselves and never got down," he added.



*A group of Outlaw players confer during a second half timeout session as they search for answers during a timeout. The Outlaws would go on to drop the game to their depleted Showtime opponents, 70-69. (Official U.S. Navy Photo by JOSN Jeff Johnstone)*



*The Showtime's center (18) uses his height to his advantage to grab control of the opening tip-off against an opposing Outlaw player (7). The big guy used this advantage to off-set his team's disadvantage of being a man short. He would also dominate the boards all night. (Official U.S. Navy Photo by JOSN Jeff Johnstone)*

Beating a quality team like the Outlaws is tough enough, but doing it outnumbered a player is huge.

The Showtime's gameplan included sticking to the fundamentals, as they chased down every rebound, rarely missed a pass or threw a bad one and never got discouraged by fouls, stolen balls or other misfortunes.

Playing the Outlaws usually means enduring many of those.

The Showtime improved their record to 7-3, while the Outlaws dropped to 5-4 for the season.

## Fitness Tip: The importance of warming up

**Alec Culpepper**  
*Fitness & Aquatics Director*

During the winter months it is colder outside and colder inside especially in the Fleet Fitness Center, mainly do to the building design.

This fact makes it even more important to warm up before you begin your workout. Optimal temperature is 72 degrees but in the winter, it drops to around 60 degrees this makes warming up that much more important.

A gradual warm-up of five-10 minutes produces faster,

more forceful, muscle contractions, delivers oxygen to working muscles more quickly, and prevents injuries by improving the elasticity of your muscles. It also improves joint range of motion and psychologically prepares you for higher intensities by increasing alertness and focus on exercise.

In order to fully reap the benefits of the time you are spending exercising, you must warm up.

Taking those extra few minutes to adjust to increased activity will ensure a better performance from your body and, in turn, will make your workout more efficient and productive.

### Flag Football Standings (as of Jan. 25, 2005)

Rank	Team	Win	Loss
1	Dragons	17	1
2	Hooligans	7	8
3	Seabees	3	5
4	Guardian	6	4
5	Fort Mac	2	6
6	Wolf Pack	4	5
7	Hitmen	2	12

### Winter Basketball Standings (as of Jan. 26, 2005)

Rank	Team	Win	Loss
1	Showtime	7	3
2	Outlaws	5	4
3	Wolfpack	3	2
4	Guardian	1	5

### Upcoming Sports/Events

#### Groundhog Day 3K Run/Walk:

Wednesday, Feb. 2

Race starts 11:30 a.m., in front of the USO in Nimitz Park

Pre-register at Fleet Fitness Center. Race day sign-ups always welcomed.

Awards will be given to the top finishers in each division (Youth, & Adult).

POC: Alec Culpepper, 252-2927

#### 4-on-4 Mini Soccer Tourney:

Saturday, Feb. 5

Team entries are due to the Fleet Gym Office by Wednesday, Feb. 2.

Mandatory Coaches Meeting on Thursday, Feb. 3 at 5:30 p.m. in the Fleet Gym.

Play will start at 9 a.m. and awards will go to the top three teams in this double elimination tournament.

POC: Mark Haley, 252-3588